Body Image Stages of Change

- **Body Dissatisfaction**
  - Focus on happiness related to body size/shape
  - Distorted body image
  - Quick fix – body size = happiness/success
  - Cognitive distortions
  - Overvalue of weight/shape
  - Desire to change/energy and change body

- **Empowerment/Self-love/Body-love: (maintenance)**
  - Feeling good in your body
  - Positive self-talk as a 1st response (limited effort required)
  - Less distinction between body-image and self-esteem (incorporated/integrated)
  - Listen, respond, and trust body cues
  - “Triggers” do not inspire a desire to change self
  - Not comparing from a viewpoint of inferiority
  - FLEXIBILITY: Change is based on self-love, self-improvement as opposed to discomfort with the way things are
  - Change in body/eating are not related to self-esteem

- **Tolerating (preparation)**
  - Awareness of body distortion – desire to change feelings about body/challenge distortions
  - Using skills/strategies such as distress tolerance, shifting your focus from body (distract)

- **Acceptance (action)**
  - Investing in feeling better
  - Realistic about goals
  - Accepting that your body is based on genetics and environment
  - Expecting/tolerating changes in weight & shape
  - Self-acceptance/self-forgiveness being gentle with yourself
  - Chose to appreciate your body vs. criticize

- Body image messages: history/activity
- incomplete sentences activity
- what are the costs/benefits pros/cons?
- compliment journal/jar
- write a letter to your body
- identify values/shift to focusing on behavior
- values puzzle
- ABC triggers
- shift in body focus – whatever is your body besides looks/shape
- positive self-talk triangle worksheet
- manage comparisons
- self-affirmations
- gratitude work